



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09083, Currants, european black, raw

Report Date: June 30, 2017 04:23 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:2% Refuse Description: Stems

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 112g
Proximates					
Water	g	81.96	4	0.438	91.80
Energy	kcal	63	--	--	71
Energy	kJ	264	--	--	296
Protein	g	1.40	2	--	1.57
Total lipid (fat)	g	0.41	2	--	0.46
Ash	g	0.86	4	0.055	0.96
Carbohydrate, by difference	g	15.38	--	--	17.23
Minerals					
Calcium, Ca	mg	55	3	4.825	62
Iron, Fe	mg	1.54	4	0.418	1.72
Magnesium, Mg	mg	24	2	--	27
Phosphorus, P	mg	59	3	1.878	66
Potassium, K	mg	322	4	10.827	361
Sodium, Na	mg	2	1	--	2
Zinc, Zn	mg	0.27	2	--	0.30
Copper, Cu	mg	0.086	4	0.006	0.096
Manganese, Mn	mg	0.256	2	--	0.287
Vitamins					
Vitamin C, total ascorbic acid	mg	181.0	1	--	202.7
Thiamin	mg	0.050	--	--	0.056
Riboflavin	mg	0.050	--	--	0.056

Nutrient	Unit	1			1 cup 112g
		Value Per 100	Data points	Std. Error	
Niacin	mg	0.300	--	--	0.336
Pantothenic acid	mg	0.398	--	--	0.446
Vitamin B-6	mg	0.066	--	--	0.074
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	12	--	--	13
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	230	--	--	258
Vitamin E (alpha-tocopherol)	mg	1.00	--	--	1.12
Lipids					
Fatty acids, total saturated	g	0.034	--	--	0.038
16:0	g	0.020	--	--	0.022
18:0	g	0.007	--	--	0.008
Fatty acids, total monounsaturated	g	0.058	--	--	0.065
16:1 undifferentiated	g	0.001	--	--	0.001
18:1 undifferentiated	g	0.056	--	--	0.063
Fatty acids, total polyunsaturated	g	0.179	--	--	0.200
18:2 undifferentiated	g	0.107	--	--	0.120
18:3 undifferentiated	g	0.072	--	--	0.081
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Flavonoids					
Anthocyanidins					
Cyanidin ^{4 5 6 7 8 9}	mg	62.46	50	6.01	69.96
Petunidin ^{6 9}	mg	3.9	7	1.55	4.3
Delphinidin ^{4 5 6 7 8 9}	mg	89.6	50	3.1	100.4
Pelargonidin ⁹	mg	1.2	6	0.12	1.3
Peonidin ^{6 9}	mg	0.7	7	0.11	0.7
Flavan-3-ols					
(+)-Catechin ¹⁰	mg	0.7	4	0	0.8
(-)Epigallocatechin ¹⁰	mg	0.0	4	0	0.0
(-)Epicatechin ¹⁰	mg	0.5	4	0	0.5

Nutrient	Unit	1			1 cup 112g
		Value Per 100 g	Data points	Std. Error	
(-)Epicatechin 3-gallate ¹⁰	mg	0.0	4	0	0.0
(-)Epigallocatechin 3-gallate ¹⁰	mg	0.0	4	0	0.0
(+)-Gallocatechin ¹⁰	mg	0.0	4	0	0.0
Flavones					
Apigenin ¹¹	mg	0.0	1	--	0.0
Luteolin ¹¹	mg	0.0	1	--	0.0
Flavonols					
Isorhamnetin ⁴	mg	0.1	40	0.02	0.1
Kaempferol ^{4 7 11 12 13 14}	mg	0.7	61	0.07	0.8
Myricetin ^{4 7 11 12 14 15 16}	mg	6.2	65	0.57	6.9
Quercetin ^{4 7 11 12 13 14 15 16}	mg	4.5	68	0.22	5.0
Isoflavones					
Daidzein ^{17 18 19}	mg	0.02	3	0.03	0.02
Genistein ^{17 18 19}	mg	0.06	3	0.1	0.07
Glycitein ¹⁹	mg	0.00	1	--	0.00
Total isoflavones ^{17 18 19}	mg	0.07	3	0.13	0.08
Formononetin	mg	0.00	1	--	0.00
Coumestrol	mg	0.00	1	--	0.00
Proanthocyanidin					
Proanthocyanidin dimers ^{1 2 3}	mg	2.9	11	0.43	3.3
Proanthocyanidin trimers ^{1 2 3}	mg	2.2	11	0.49	2.5
Proanthocyanidin 4-6mers ^{1 2 3}	mg	7.8	11	2.53	8.7
Proanthocyanidin 7-10mers ^{1 2 3}	mg	7.2	11	4.38	8.1
Proanthocyanidin polymers (>10mers) ^{1 2 3}	mg	135.1	11	39.9	151.3

¹Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617

²Hellström, Törrönen, A.R., and Matilla, P.H. Proanthocyanidins in common food products of plant origin, 2009 J. Agric. Food Chem. 57 pp.7899-7906

³Wu, X., Gu, L., Prior, R. L., and McKay, S. Characterization of anthocyanins and proanthocyanidins in some cultivars of Ribes, Aronia, and Sambucus and their antioxidant capacity, 2004 J. Agric. Food Chem. 52 pp.7846-7856

⁴Antonen, M. J. and Karjalainen, R. O. High-performance liquid chromatography analysis of black currant (*Ribes nigrum* L.) fruit phenolics grown either conventionally or organically., 2006 J. Agric. Food Chem. 54 pp.7530-7538

⁵Iversen, C.K. Black currant nectar: Effect of processing and storage on anthocyanin and ascorbic acid content., 1999 J. Food Sci. 64 1 pp.37-41

⁶Kahkonen, M.P., Heinamaki, J., Ollilainen, V., and Heinonen, M. Berry anthocyanins: Isolation, identification, and antioxidant activities., 2003 J. Sci. Food Agric. 83 pp.1403-1411

⁷Määttä, K.R., Kamal-Eldin, A., and Torronen, A.R. High-Performance liquid chromatography (HPLC) analysis of phenolic compounds in berries with diode array and electrospray ionization mass spectrometric (MS) detection: Ribes species., 2003 J. Agric. Food

Chem. 51 pp.6736-6744

⁸Nyman, N. A. and Kumpulainen, J. T. **Determination of anthocyanins in berries and red wine by high-performance liquid chromatography.**, 2001 J. Agric. Food Chem. 49 pp.4183-4187

⁹Wu, X., Gu, L., Prior, R. L., and McKay, S. **Characterization of anthocyanins and proanthocyanidins in some cultivars of Ribes, Aronia, and Sambucus and their antioxidant capacity**, 2004 J. Agric. Food Chem. 52 pp.7846-7856

¹⁰Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. **Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods.**, 2000 J. Agric. Food Chem. 48 pp.1746-1751

¹¹Lugasi, A. and Hovari, J. **Flavonoid aglycons in foods of plant origin II. Fresh and dried fruits.**, 2002 Acta Alimentaria 31 1 pp.63-71

¹²Häkkinen, S. H., Kärenlampi, S. O., Heinonen, I. M., Mykkänen, H. M., and Törrönen, A. R. **Content of flavonols quercetin, myricetin, and kaempferol in edible berries.**, 1999 J. Agric. Food Chem. 47 pp.2274-2279

¹³Justesen, U., Knuthsen, P., and Leth, T. **Quantitative analysis of flavonols, flavones, and flavonones in fruits, vegetables and beverages by high-performance liquid chromatography with photo-diode array and mass spectrometric detection.**, 1998 J. Chromatogr. A 799 pp.101-110

¹⁴Mikkonen, T., Määttä, K.R., Hukkanen, A. T., Kokko, H. I., Törrönen, T., Kärenlampi, S. O., and Karjalainen, R. O. **Flavonol content varies among black currant cultivars.**, 2001 J. Agric. Food Chem. 49 pp.3274-3277

¹⁵Häkkinen, S. H., Kärenlampi, S. O., Mykkänen, H. M., and Törrönen, A. R. **Influence of domestic processing and storage on flavonol contents in berries.**, 2000 J. Agric. Food Chem. 48 pp.2960-2965

¹⁶Vuorinen, H., Määttä, Törrönen, R. **Content of the flavonols Myricetin, Quercetin, and Kaempferol in Finnish berry wines.**, 2000 J. Agric. Food Chem. 48 pp.2675-2680

¹⁷Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331

¹⁸Mazur, W. M., Uehara, M., Wähälä, K., and Adlercreutz, H. **Phyto-oestrogen content of berries, and plasma concentrations and urinary excretion of enterolactone after a single strawberry-meal in human subjects.**, 2000 Brit. J. Nutr. 83 pp.381-387

¹⁹Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan.**, 2006 Nutr. Cancer 54 pp.184-201